WHAT IS CLAIMED IS:

- 1. A resistance assembly, comprising:
 - a base;
 - a switch assembly mounted on said base;
 - a lever connected to said switch assembly to move said switch assembly between opened and closed positions;
 - a pin having first and second ends, said first end being connected to said lever; and
 - a resistance member connected to said second end of said pin, said roller contacting said base when said lever rotates to move said switch assembly between open or closed positions, thereby preventing accidental movement of said switch assembly.
- 2. A resistance assembly according to claim 1, wherein
 - a bearing assembly connected between said lever and said switch assembly, said bearing assembly capable of being moved radially relative to an axis of rotation thereof to move said pin laterally to allow said roller to avoid said base to open or close said switch assembly.
- 3. A resistance assembly according to claim 2, wherein said bearing assembly is made of a flexible material.
- 4. A resistance assembly according to claim 1, wherein said base is substantially U-shaped.
- A resistance assembly according to claim 4, wherein

 a first leg of said U-shaped base prevents movement of said resistance member thereby.

- 6. A resistance assembly according to claim 1, wherein said resistance member is a roller.
- 7. A resistance assembly according to claim 1, wherein said pin is made of a rigid, inflexible material.
- 8. A resistance assembly according to claim 1, wherein said resistance member is made of a thermoplastic material.
- 9. A resistance assembly according to claim 8, wherein said thermoplastic material is delrin.
- 10. A group-operated hookstick switch assembly, comprising:
 - a support;
 - at least one switch assembly mounted on a base that is secured to said support;
 - a lever connected to said at least one switch assembly to move said at least one switch assembly between opened and closed positions;
 - a shaft connecting each of said levers, said shaft rotating said levers to move said at least one switch assembly between opened and closed positions;
 - a pin having first and second ends, said first end being connected to one of said levers;
 - a resistance member connected to said second end of said pin, said resistance member contacting said base when said lever rotates to move said at least one switch assembly between open or closed positions, thereby preventing accidental movement of said at least one switch assembly.

- 11. A group-operated hookstick switch assembly according to claim 10, wherein a bearing assembly connected between said lever and said at least one switch assembly to which said resistance member is connected, said bearing assembly capable of being moved radially relative to an axis of rotation thereof to move said pin laterally to allow said roller to avoid said base to open or close said at least one switch assembly.
- A group-operated hookstick switch assembly according to claim 10, wherein said base is substantially U-shaped.
- 13. A group-operated hookstick switch assembly according to claim 12, wherein a first leg of said U-shaped base prevents movement of said resistance member thereby.
- 14. A group-operated hookstick switch assembly according to claim 10, wherein said resistance member is a roller.
- 15. A group-operated hookstick switch assembly according to claim 10, wherein said pin is made of a rigid, inflexible material.
- 16. A group-operated hookstick switch assembly according to claim 10, wherein said resistance member is made of a thermoplastic material.
- 17. A group-operated hookstick switch assembly according to claim 16, wherein said thermoplastic material is delrin.
- 18. A group-operated hookstick switch assembly according to claim 10, wherein a hookstick lever is connected to said shaft.

- 19. A group-operated hookstick switch assembly according to claim 18, wherein a weight is secured to said hookstick lever to prevent accidental movement of said hookstick lever.
- 20. A group-operated hookstick switch assembly according to claim 11, wherein said bearing assembly is made of a flexible material.